



Little Foxes Forest School Summer Term Menu 2024

Dates	First course	Pudding
Week 1: 15 th April, 6 th May, 3 rd June, 24 th June, 15 th July	<p>Monday: Thai green curry with potato, green beans and baby corn, served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Yoghurt with mango puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p>Tuesday: Cauli boli with pasta</p> <p>Vegan and dairy free Gluten free alternative – Gluten free pasta</p>	<p>Cheese and pineapple</p> <p>Gluten free Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese</p>
	<p>Wednesday: Moroccan style tagine with chickpeas, halloumi and couscous</p> <p>Vegan alternative – No halloumi Dairy free alternative – No halloumi Gluten free alternative – Quinoa instead of couscous</p>	<p>Fruit crunch</p> <p>Dairy free and gluten free Vegan alternative – No honey</p>
	<p>Thursday: Lemon and basil orzo with peas and courgette</p> <p>Gluten free alternative – Gluten free pasta Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream</p>	<p>Banana bread</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>

<p>Week 2: 22nd April, 13th May, 10th June, 1st July</p>	<p>Monday: Hidden vegetable macaroni cheese with garlic fried kale and mushrooms</p> <p>Vegan alternative – Dairy free cheese and cream Dairy free alternative – Dairy free cheese and cream Gluten free alternative – Gluten free pasta</p>	<p>Cinnamon poached pears</p> <p>Vegan dairy free and gluten free</p>
	<p>Tuesday: Vegetable chow mein</p> <p>Dairy free Gluten free alternative – Rice noodles Vegan alternative – Rice noodles</p>	<p>Little Foxes Eton mess with fresh berries, crushed meringue and Greek yoghurt</p> <p>Gluten free Vegan alternative – Dairy free yoghurt and vegan meringue Dairy free alternative – Dairy free yoghurt</p>
	<p>Wednesday: Sweet potato, chickpea and tofu curry, served with naan bread</p> <p>Vegan and dairy free Gluten free alternative – Gluten free naan bread</p>	<p>Blueberry cake</p> <p>Dairy free Vegan alternative – No egg Gluten free alternative – Gluten free flour</p>
	<p>Thursday: Vegan jambalaya</p> <p>Vegan, dairy free and gluten free</p>	<p>Orange wedges</p> <p>Vegan, dairy free and gluten free</p>

<p>Week 3: 29th April, 20th May, 17th June, 8th July</p>	<p>Monday: Vegetable Katsu style curry served with rice</p> <p>Vegan, dairy free and gluten free</p>	<p>Summer fruit salad</p> <p>Vegan, dairy free and gluten free</p>
	<p>Tuesday: Homemade red sunflower seed pesto with pasta</p> <p>Vegan alternative – Yeast flakes instead of pecorino Dairy free alternative – Yeast flakes instead of pecorino Gluten free alternative – Gluten free pasta</p>	<p>Yoghurt with fruit puree</p> <p>Gluten free Vegan alternative – Dairy free yoghurt Dairy free alternative – Dairy free yoghurt</p>
	<p>Wednesday: Red lentil and mixed bean chilli with wraps, grated cheese and homemade guacamole</p> <p>Vegan alternative – Dairy free cheese Dairy free alternative – Dairy free cheese Gluten free alternative – Gluten free wrap</p>	<p>Strawberries and cream</p> <p>Gluten free Vegan alternative – Dairy free cream Dairy free alternative – Dairy free cream</p>
	<p>Thursday: Warm sweet potato and chickpea salad, with feta and pomegranate, served with flat bread</p> <p>Vegan alternative - Dairy free cheese Dairy free alternative - Dairy free cheese Gluten free alternative – Gluten free bread</p>	<p>Melon medley</p> <p>Vegan, dairy free and gluten free</p>